

## Understanding Your Pain Story

### The Big Picture: Many Things Affect Your Pain

Below, circle the two things that represent some of the biggest part of your pain story:



## **Starting the conversation:**

This sheet shows some of the things that can have a big impact on people's pain.

"You may already know a lot about pain, but it would be very helpful for me to better understand your own personal pain experience. If you would be willing, could you watch the video (or go to the class) and then circle the things that you heard that sound like your story."

(You can talk about it directly after the video, or when they return for a follow-up appointment.)